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Photo by Chief Warrant Officer 3 Kristi Hickey, 3rd Battalion, 25th Aviation Regiment, 25th Combat Aviation Brigade, 25th Infantry Division

Soldiers from Bravo and Echo Companies, 3-25th Avn. Regt., conduct "Fat Cow" operations at Landing Zone Kanes during maritime operations.

3-25th validates aircrews on gunnery, water survival

1ST LT. SAMANTHA JEWELL
3rd Battalion, 25th Aviation Regiment Public Affairs
25th Combat Aviation Brigade
25th Infantry Division

WHEELER ARMY AIRFIELD — Leaders of 3rd Battalion, 25th Aviation Regiment, 25th Combat Avn. Brigade, 25th Infantry Division, trained more than 40 Soldiers and aircrews during a weeklong maritime operation validation exercise on Oahu, Nov. 16-20.

The exercise began with aerial gunnery approximately five miles offshore of the Turtle Bay Resort, Nov. 17. Aircrews from three companies successfully completed aerial gunnery over water with different helicopters.

Companies E and F, at Landing Zone Kanes, supported the aircrews. Echo Co. executed a jump forward arming and refueling point employing a "Fat Cow" (a CH-47 Chinook helicopter) carrying over 15,000 pounds of JP-8 to refuel aircraft, and Fox Co. set up an air traffic control tower to coordinate airspace de-confliction for all aircraft in and out of LZ Kanes.

"This training is critical to ensure that our aircrews have the skills and experience necessary to operate safely in a maritime environment," said Lt. Col. Andrew Graham, commander, 3-25th Avn. Regt.

Soldiers were further tested during training at Marine Corps Base Hawaii, Kaneohe Bay, which included helocast, caving ladder and overwater hoist certifying 3-25th Avn. Regt.'s Phase IV of the Water Survivability Training program.

Air operations were conducted by 3-25th Black Hawk and Chinook aircrews, with cast masters from 3rd Squadron, 4th Cavalry Regt., and a rescue boat crew provided by Kaneohe Bay Water-front Operations.

Each Soldier completed two helocast jumps and recovered with caving ladder and jungle hoist extractions. Immediately following training,

Soldiers from Co. D completed required corrosion preventative maintenance on all aircraft due to the close proximity to saltwater.

Prior to executing training, Soldiers and aircrews from 3-25th underwent rigorous Water Survival Training (WST) at Richardson Pool, Schofield Barracks; Pyramid Rock Beach, MCBH, K-Bay; and Hickam Air Force Base while being evaluated by the Water Survivability trainers. The Water Survivability Training program was first launched by 3-25th in February 2014, initiating the first WST program in the 25th CAB and 25th ID. The program was designed to enhance aircrews' survivability in the event of an over-water aircraft ditching.

In future training, the regiment hopes to expand on the WST and conduct company-level helocast operations quarterly.

"We have the framework set up to maintain maritime training as part of 3-25th Avn. Regt.'s ongoing exercises," said Chief Warrant Officer

2 Anya Sharman, WST officer in charge. "3-25th Avn. Regt. has a proven baseline to build a sustainable WST program that will ensure our aviation battalions maintain maritime proficiency."



Photo by Sgt. Daniel K. Johnson, 25th Infantry Division

Pilots and aircrews from 3-25th Avn. Regt., conduct helocast operations at Marine Corps Base Hawaii, Kaneohe Bay. The training was part of the weeklong Leiomano Edge validation exercise conducted by the battalion.

'Wayfinders' build camaraderie with challenge

Story and photo by
SGT. ERIKA KAESTNER
3rd Brigade Combat Team Public Affairs
25th Infantry Division

SCHOFIELD BARRACKS — The 29th Brigade Engineer Battalion, 3rd Bde. Combat Team, 25th Infantry Division, held the Wayfinder Challenge, recently, to build camaraderie, seek out high performing leaders and reward the most proficient squad formations.

The competitions during week one focused on non-military occupational specialty specific tasks, in order to put all competing elements on equal footing for the challenge, while the second week was primarily dedicated to MOS-specific tasks.

Week one evaluated individual squad leaders on their ability to train and lead their units through a weeklong event focused on warrior task and battle drill proficient, physical fitness and readiness. Squads from each company competed in a Ranger Physical Fitness Test (RPFT), combat water survival test (CWST), round robin Common Soldier Task training and a 12-mile ruck march.

The RPFT, much like the regular Army PFT, consists of pushups and situps, plus it adds chin-

ups and a 5-mile run instead of the standard aerobic event. Squads were graded as individuals and their combined scores were ranked.

The CWST was performed in squad elements wearing uniforms, boots and weapon. The test ranges from simply treading water to the more complicated tasks of ditching gear, weapons, inflating parts of the uniform and a 200-meter relay, with weapon, conducted between four swimmers.

At the end of the week, squads competed in a 12-mile ruck march with a four-hour time limit, and then, points from the events were compiled and the top three squads were recognized for their excellence before the entire battalion.

During week two, companies competed in mission-essential training between their MOS-specific tasks. The training widely varied within the battalion.

The 29th BEB is comprised of more than 60 MOSs and diverse company formations, including engineer, signal, intelligence and logistic elements.

The Sappers of companies A and B conducted a dig-site exposition, clearing the counter IED lane, performing various calculation testing for C4 explosive, and other clearing methods. Simultaneously, Co. E (Support) worked through staged

maintenance issues with vehicles and generators, simulating real world equipment complications.

In the end, the Wayfinder Challenge recog-

nized the best squads within the battalion, identified squads that require additional training, while unit morale and esprit de corps were improved.



An engineer from 29th BEB, 3rd BCT, 25th ID, jumps from a diving board during a combat water survival test. Squad elements carried weapons and wore boots for the test.

Events to commemorate 74th anniversary of attack on Pearl Harbor

JOINT BASE PEARL HARBOR-HICKAM
Public Affairs

JOINT BASE PEARL HARBOR-HICKAM — The National Park Service and the Navy will co-host the 74th commemoration of the attack on Pearl Harbor, 7:45 to 9:15 a.m., Monday, at Kilo Pier, here.

Historian David Kennedy will give the principal address.

Those with base access and their sponsored guests may enter through Nimitz or Makalapa Gate and may park in general parking areas near Kilo Pier.

The general public is required to park at Aloha Stadium with free American Disability Act shuttle transportation to Kilo Pier from 6 a.m. to 7:15 a.m., with return shuttles to Aloha Stadium after the ceremony, from 10 a.m. to noon.

A live stream of the National Pearl Harbor Remembrance Commemoration will be held online

from 7 a.m. to 5 p.m., Dec. 7.

The live stream includes three live events with 10 hours of educational and historical programming and begins at 7 a.m. (Hawaii Standard Time.)

Today

An Afternoon in the Park event will be held, 4-5 p.m., in the Pearl Harbor Visitor Center Theater. Guests can join Scott Pawlowski, chief of cultural resources, for an inside look into the new underwater world of 3-D scanning and photography of the sunken remains of the USS Arizona.

The event will discuss a number of key cultural program highlights that occurred in 2015.

An After Dark in the Park

event featuring an evening with Professor David Kennedy will be held from 6:30-7 p.m. at the Pearl Harbor Visitor Center Theater. The event will include a book signing for the Pulitzer Prize-winning book, "Freedom from Fear," 7:15-8:45 p.m.

Saturday

The Pacific Fleet Band will perform, 8:45-10 a.m., at the Pearl Harbor Visitor Center lanai.

A free display, 8 a.m.-4 p.m., at the Pearl Harbor Visitor Center education building classroom. The local chapter of International Plastic Modelers Society will have a free public display of ships, planes and vehicles related to those used during the attack on Oahu and Pearl Harbor. The display continues Sunday, 8 a.m.-2 p.m.

Sunday

An Ewa Mooring Mast Field Commemoration will begin at 10 a.m. at Ewa Field, across from the Hawaiian Railway Museum, West Oahu. Members of the local community and veterans will participate in the annual observance of the attack on Ewa Mooring Mast Field, which was defended by the Marines. The ceremony honors the Marines and civilians who were killed that day.

Monday

25th Infantry Division will host a commemoration ceremony at U.S. Army Museum, Fort DeRussy, at 3 p.m. The 25th ID and U.S. Army Hawaii commanding general, Maj. Gen. Charles A. Flynn, will be the keynote speaker. Senior leaders will lay wreaths in honor of service members and the 25th ID Band will perform.

The 15th Wing will host a remembrance ceremony at the Atterbury Circle historic flagpole at 7:55 a.m. to honor the 189 killed and 303 wounded during the attacks at Hickam Field. The ceremony is open to those with base access.

The USS Arizona Memorial will operate on a special schedule due to ongoing ceremonies. The first public program will begin at 11 a.m., with the last program at 2 p.m. Programs run every 15 minutes and include a 23-minute movie followed by a short visit to the memorial.

Tickets to the USS Arizona Memorial programs are free and will be distributed on a first-come, first-served basis only from the Visitor Center Ticket and Information Counter. No reserved tickets will be available via recreation.gov. Ticket distribution begins at 10 a.m. and will continue until tickets are depleted.

The USS Oklahoma Memorial ceremony on Ford Island, 1:30-2:30 p.m., will commemorate the loss of the USS Oklahoma (BB-37) and 429 of its crew. The public may catch a free shuttle departing every 15 minutes from the USS Bowfin Submarine Museum & Park, which is adjacent to the Pearl Harbor Visitor Center.

December 7 Events

For complete information, visit www.pearlharborevents.com.





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Online misconduct hurts Army, NCOs tell SMA

In Part One of Two, social media sites are reviewed

DAVID VERGUN
Army News Service

FORT LEAVENWORTH, Kansas — “Facebook is an extension of the barracks,” said Sgt. 1st Class Aaron Leisenring, meaning that in the old Army, what was said in the barracks pretty much stayed in the barracks.

Now, online exchanges have replaced a lot of the barracks chatter.

With proliferation of the use of social media by Soldiers, particularly among junior Soldiers, what is said online goes worldwide instantaneously and is often difficult to retract, said Leisenring, who is with Company B, 1st Battalion, 111th Infantry Regiment, Pennsylvania Army National Guard.

Leisenring and dozens of noncommissioned officers shared their thoughts with Sgt. Maj. of the Army Daniel A. Dailey during the chief of staff of the Army-sponsored NCO Solarium II, held at the U.S. Army Command and General Staff College, here, Nov. 18-20.

Today, what goes on social media sites should also be important to NCOs, he said, not just from a standpoint of misconduct, but also from the care and compassion perspective.

For instance, while not on Facebook himself, Leisenring said he gets feedback from Soldiers who interact with others on social media. In at least one instance, a Soldier with suspected suicidal ideations was reported to him and help was rendered.

Dailey agreed with the importance of monitoring social media and he admitted that like Leisenring, he too is not on Facebook, Twitter or other social media outlets. But, a good NCO isn’t required to monitor social media sites, he said. He or she creates a climate of trust and communication, whereby if other Soldiers see something amiss, they correct it or bring it to the attention of their NCO.

Dailey pointed out that this requires NCOs who are engaged, and genuinely concerned for the welfare of their troops and who understand the impact of social media. Otherwise, an NCO who is disengaged or stagnant will probably dismiss what goes online after hours as none of their business.

Impact on mission can be profound, said Sgt. 1st Class Turon Logan, a team leader at the Army Medical

Department NCO Academy on Joint Base San Antonio, Texas.

Disparaging remarks against the nation’s leaders, those in the Soldier’s chain of command and co-workers are not only hurtful, they can have a strategic impact, Turon said. Even jokes can come off as sexist, racist, culturally insensitive or religiously intolerant, even when not meant to be.

This may not seem fair, he said, but people often “look at content, not context.”

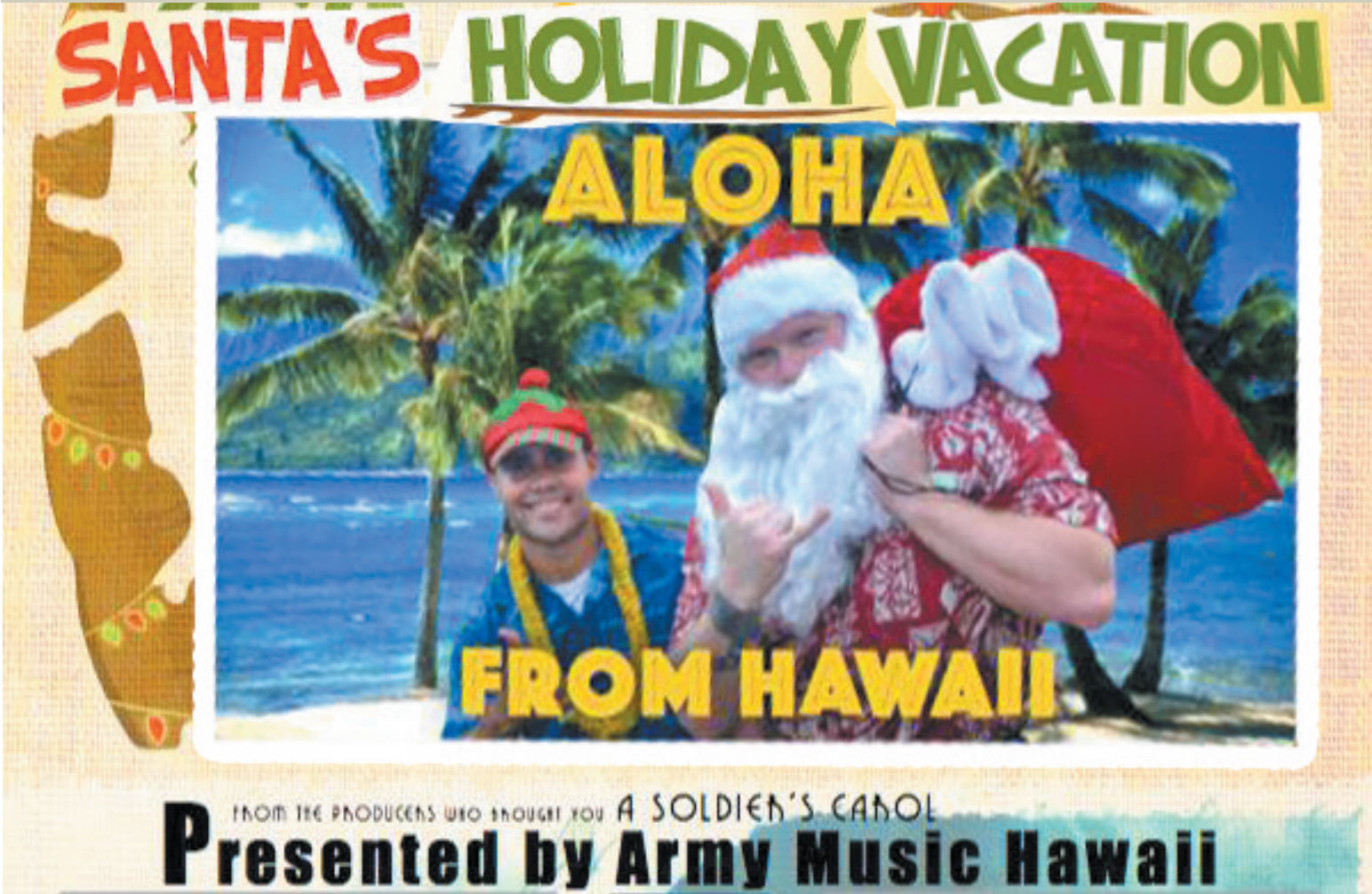
Turon said he doesn’t advocate automatic punishment for every comment. Sometimes there’s a gray area where Soldiers say something they don’t realize is offensive or hurtful, but might be to some. In those instances, a good NCO will provide compassionate guidance, pointing out how words or photos can be misconstrued. It boils down to good leadership.

In other cases, online misconduct can be purposeful and in those instances, action should be taken, he said.

Army officials said if online misconduct is reported to the military police or Criminal Investigation Division, there are now criminal codes in place to track those cases. Discussion of the impact of online conduct is being incorporated into climate surveys as well.

(Note: Read Part Two in the Dec. 11 issue.)

MELE KALIKIMAKA



FORT DERUSSY — Army Music Hawaii will be in performance. Bring a blanket and the family out to enjoy some free beach side holiday cheer, as Santa, bungling Elf Zippy and Army Music Hawaii present two comedic, family-friendly performances of music and video in “Santa’s Holiday Vacation,” live, on the Ilima lawn of the Hale Koa Hotel, Saturday, Dec. 5th, at 2 p.m. and 5 p.m.

The Hale Koa is located at 2055 Kalia Road in Fort DeRussy, or Waikiki. This entertainment is free and open to the public. Review the video at <https://youtube/KVaMY2zSeaE>.

8 STEPS in FAITH

8 things all should know about Hanukah

CHAPLAIN (LT.) EMILY ROSENZWEIG
3rd Radio Battalion
Marine Corps Base Hawaii

Are you up-to-date on the things you should know about Hanukah? Review these eight things and learn about this Jewish holiday season.

1) There is no right way to spell Hanukah in English.

In Hebrew, Hanukah is spelled: khet-nun-kaf-hey.

The letter “khet” is a guttural letter that doesn’t have a direct English equivalent. It sounds like the “ch” sound in Bach, but not the “ch” sound in cheese. As many of us are accustomed to pronouncing “ch” at the start of the word like cheese, some writers drop the “c” from the holiday’s name.

“Kh” is the academic standard for transliterating the letter khet, but not everyone knows that, so it wouldn’t really help. Doubling the n’s or k’s in the spelling is due to Hebrew grammatical details that the writer may or may not be aware of.

The final “h” reflects the silent letter “hey” in the Hebrew, but isn’t required in the English, so Hanukah, Hannukah, Hanukkah, Hanuka, Hanukka, Chanukah,



Rosenzweig

or Second Book of Maccabees, which tells the Hanukah story, or the Book of Judith, which relates another tale of the fight against the Greek army. Those books are part of the Apocrypha.

3) There are two main types of food eaten during Hanukah.

Fried foods — latkes (potato pancakes) and sufganiyot (jelly donuts)—recall the miracle of the small amount of sanctified oil lasting eight days during the rededication of the Temple in the days of the Maccabees. Cheese is also associated with Hanukah because of the story of Judith and her assassination of Holofernes. In order to kill the Greek general, Judith fed him salty cheese, and gave him wine to drink until he passed out.

Channukkah, even Khanukah can all be correct.

2) Hanukah is a Jewish holiday, but doesn’t appear in the Jewish Bible.

The Jewish Bible does not contain the First

4) Hanukah recalls an insurgency and a civil war.

The Maccabees were a Jewish rebel group who fought against the Seleucid (Greek) Empire and its military and political occupation of Judea. They also battled the Greek cultural influence in Judea and their fellow Jews who had adopted Hellenized thought and behavior.

Ironically, it was Greek practice to mark military victories by creating a holiday.

5) Hanukah also commemorates the rededication of the Temple in Jerusalem.

One of the ways the Greek empire dominated conquered peoples was by turning local places of worship into temples for the Greek gods. When the Seleucids took over Jerusalem, they erected a statue of Zeus in the Jews’ Temple.

After defeating the Greeks in battle, the Maccabees had to clean and rededicate the Temple in order to use it for worship. To complete the rededication, they needed to light the menorah, the lamp, but there was only a small amount of oil appropriate to use in the Temple. They needed eight days to make more oil, and miraculously the small amount lasted that long.

6) Every hanukiah is a menorah, but not every menorah is a hanukiah.

A menorah is a candelabra with any number of branches. The sacred space of the Temple was lit with a seven-branched menorah. Because the oil lasted for eight days, though, the holiday of Hanukah is celebrated with a nine-branched candelabra – one branch for each of the eight days and one branch to hold the candle that lights the other ones.

7) Hanukah: Jewish Thanksgiving?

According to the Bible, the Jewish holiday of Sukkot should be celebrated in the early fall as a way of giving thanks for the harvest and praying for the future planting and growing seasons.

Because they were fighting a war, the Maccabees were unable to observe Sukkot, but needed to do so as soon as the fighting was done.

Sukkot and Hanukah are both eight days long and involve lighting extra lights in order to celebrate.

8) Hanukah celebrated Tuesday.

Come join with Jewish Soldiers and families, 6 p.m, Dec. 8, at Schofield’s Main Post Chapel to light the hanukiah. There will be music, games, family activities, and (of course) delicious food.

Voices of Ohana

In recognition of Human Rights Day,
“Which human right is most important to you?”
By 8th Theater Sustainment Command Public Affairs



"The right to fight for freedom and serve is the most important to me."

Staff Sgt. Joshua Collins, Platoon Sergeant, 8th MP Brigade



"I believe the most important human right is the right to pursue happiness."

Sgt. 1st Class Phyllis Henry, Material Management, 8th TSC



"To me the most important human right is the right to be free."

Sgt. 1st Class Andy Hernandez, Operations NCO, 8th MP Brigade



"I believe the most important human right is to live free and be happy"

Sgt. Edmund Miller, G6 Information System Specialist, 8th TSC



"I think the most important human right is the freedom to express yourself."

SpC. Shambria Richardson, Network Specialist, 8th TSC

‘Never Broken’ trains, loads artillery with Air Force

Story and photos by
STAFF SGT. ARMANDO R. LIMON
3rd Brigade Combat Team Public Affairs
25th Infantry Division

JOINT BASE PEARL HARBOR-HICKAM — Soldiers assigned to Company C, 3rd Battalion, 7th Field Artillery Regiment, “Never Broken,” 25th Infantry Division, from Schofield Barracks, cold-loaded howitzers aboard a C-17 Globemaster III, here, Nov. 24.

The M777 155 mm howitzers were loaded, along with their prime movers and ammunition trucks, as part of a Contingency Response Force (CRF) exercise under 3rd Bn., 4th Cavalry Regt., 3rd BCT, 25th ID.

1st Lt. Michael Polan, platoon leader, 1st Platoon, Co. C, 3-7th FA, led the artillery Soldiers during the cold load.

“We’re out here to validate our Contingency Response Force package to provide direct support for the 3-4th Cav. maneuver force,” Polan said. “We’re here to put our 155 mm howitzers on the aircraft to validate that we can load them, take off and fly away in a 48-hour period.”

It was no easy task as the drivers had to squeeze the large howitzers and vehicles inside the C-17 as they were ground-guided by loadmasters from the 535th Airlift Squadron based here.

“Typically, the Contingency Response Force through the 25th Infantry Division is a lighter package with the M119 105 mm howitzer,” he said. “We had to really put a lot more thought into this to be able to actually coordinate and execute to put these how-

itzers in the aircraft.”

The training was uncommon for both the Army and Air Force as the M777 isn’t a piece of equipment normally brought down and loaded aboard a C-17.

“With howitzers, it’s not very often, and mostly because we usually concentrate on humvees or trucks or command post equipment when it comes down here,” said Capt. Steven Hojnicky, ground liaison officer, 15th Wing.

Hojnicky emphasized the benefits that both services receive in loading equipment in a joint environment.

“The Air Force loadmasters get some hands-on training on equipment that they don’t see every day, and it prepares them in case there was an emergency that we had to send this equipment out anywhere in the world,” he said.

Lt. Col. Daniel Mark, commander, 3-4th Cav. Regt., found the experience working with his Air Force counterparts in preparation for the CRF mission enlightening.

“We don’t work a lot with the Air Force,” Mark said. “It is a great opportunity and unique for us to be able to exercise with our Airmen, here, 12 miles away from Schofield.”

He further stressed that the 3-7th FA was part of a wider CRF package as a ready and trained force, ready to deploy anywhere in the Pacific region to respond to a variety of contingencies.

The cold load training went off without a hitch for the cannoneers with the loading, tying down and offloaded within a three-hour time period.



1— Section chief Staff Sgt. Kyle Gero, 1st Plt., Co. C, 3-7th FA, elevates a 155 mm howitzer into position inside a C-17 Globemaster III, Nov. 24. 2 — Pfc. Mark Holm, cannoneer, 1st Plt., Co. C, 3-7th FA, , learns how to tie down a vehicle inside a C-17. Holm participated in cold load training of howitzers, vehicles and trailers. 3 — Air Force Staff Sgt. Ryan Lockhart, loadmaster, 535th Airlift Squadron, ground guides a towed M777 155 mm howitzer as part of the CRF validation exercise.



WTB outlines what to expect when transitioning

Story and photo by
STAFF SGT. CHRIS HUBENTHAL
Defense Media Activity-Hawaii News Bureau

SCHOFIELD BARRACKS — The Warrior Transition Battalion demonstrated what Soldiers can expect when transitioning to the WTB during the event “A Day in the Life of a Soldier in Transition,” part of Warrior Care Month, Nov. 24.

Members of the WTB walked military leadership and distinguished visitors through their in-processing and transitioning procedures to give them a better understanding of what the WTB does to ensure that Soldiers recovering from injuries, illnesses and ailments are taken care of.

Lt. Col. Brian Peterson, WTB commander, explained what the battalion’s goal is when it comes to helping the military’s wounded.

“Here at the WTB, we have some access to care priorities that exceed the capability of other medical units out there, which makes us a tremendous asset for Soldiers and their families as they go through the transition and healing process,” Peterson said. “Ultimately, ... we want to facilitate a successful transition from the uniform to ... veteran status. Our job is to make sure that transition goes smoothly.”

The WTB showcased that smooth transition



Michael Esquibil (right), licensed clinical social worker, demonstrates a portion of in-processing that Soldiers are required to accomplish when transitioning to the WTB, Nov. 24.

by allowing guests to go through the process themselves during simulated in-processing appointments.

“We’re trying to explain the process of what a Soldier goes through once they come to us,” said Staff Sgt. Luis Burgos, WTB squad leader. “We take them to the HHC (Headquarters and Headquarters Company) to in-process, and we gather all the information that we need from the Soldier. From there, we take the Soldier to meet the people that are going to be working closely with them, such as the social workers, the nurse case managers, the occupational therapists, the transition coordinator, and we also give them the

opportunity to meet the chain of command.”

Burgos added that getting to know the transitioning Soldier is a major part of finding out how to better support them.

“We also get an opportunity to talk to the Soldier to find out not only what their physical needs are but also their personal emotions, so we can have a better understanding of what we need to do to better take care of that Soldier,” Burgos said.

He also feels a personal fulfillment when helping Soldiers during WTB events like this.

“The best part of it is the satisfaction that you get that you made a difference in the Soldier’s life and that you know they are going to be successful once they move on either to the fighting force or civilian life,” Burgos said. “Here the focus is that they are taken care of.”

The WTB continues its effort to provide mission command, primary care and case management for recovering Soldiers as the Army’s premier capability to set the conditions for healing and promote the timely return to the force or transition to civilian life.

“A Day in the Life of a Soldier in Transition” is one way the WTB provided information on the services and assistance they are able to provide.

Land a watercraft career in the Army Reserve

Story and photos by
SPC. STEPHANIE RAMIREZ
Army News Service

FORT MEADE, Maryland — When it comes to merchant marine cadets, most wouldn’t consider the Army Reserve as their first career option.

Yet, leaders from the Army Reserve met with midshipmen from the U.S. Merchant Marine Academy (USMMA) in Kings Point, New York, to show them the maritime opportunities available.

“There are only a limited number of active duty Navy slots open to every graduating class. We want the remaining graduates to be aware that the Army Reserve also conducts maritime operations,” said Maj. Gen. Phillip Churn, commander, 200th Military Police Command.

This shows the Army Reserve’s versatility when it comes to supporting the military’s Total Force mission around the globe, going beyond just land security, combat or service support.

The Army maintains a large fleet of active and reserve watercraft. There are two military occupational specialties that allow Soldiers to serve on these vessels: watercraft operators (88K) and watercraft engineers (88L).

Students at the USMMA have the opportunity to join the Army Reserve because their school allows them to choose which military branch they want to follow to fulfill their service obligation.

They are required to serve 300 days total at sea by their third year of school. This strengthens their capabilities and technical skills.

The Army Reserve provides two internship opportunities for them while in school. Students can participate on the administrative side at a headquarters level, or they can serve on a vessel as an engineer or “deckie,” a term used for watercraft operators.

“If we can align the midshipmen doing sea days or internships, we can certainly look at ways to integrate them into our operations,” said Col. Dave A. Roscoe, commander of the 3rd Transportation Support Brigade (Expeditionary).

By participating with the Army Reserve maritime operations, the midshipmen can receive

credit towards their 300 days at sea and get exposure to Reserve water capabilities.

The 200th MP Cmd. comes into play because of its port security capabilities.

“About two years ago, we sent 22 Soldiers who are port security certified officers, and we will probably conduct another training section with some of our other Soldiers to do that again. This just gives us increased leveraged capability as military police in supporting the Army service component commanders and the combatant commanders,” said Churn.

An example of a port security mission includes the Military Ocean Terminal Sunny Point, North Carolina. Soldiers from the 200th MP Cmd. were responsible for providing the transportation core with the best possible physical security, force protection and law enforcement to directly support safeguarding the critical shipment of ammunition, explosives and other dangerous cargo in support of that mission.

Moving forward, the MPs have the opportunity to support the “Big Logistics Over the Shore-East” training event, scheduled for July 2016.

“We are going to be integrating a general support MP platoon into the operations when the exercise moves from permissive to semi-permissive, and we will be doing that very configured force to secure a beach,” said Roscoe.



From left, Maj. Gen. William D. Razz Waff, deputy G1 and chairman, Army Reserve Policy Committee; Maj. Gen. Phillip Churn, commander, 200th MPC; and Col. Dave Roscoe, commander, 3rd Trans. Bde., return to the Merchant Marine Academy after receiving a tour of the the Army’s LSV-8 Maj. Gen. Robert Smalls, at Kings Point, Nov. 20. The Academy is the only one of five military academies that offers its graduates the option of choosing which branch of service to join after graduation.



An NCO on the bridge of the Army’s LSV-8 Maj. Gen. Robert Smalls briefs Maj. Gen. Phillip Churn (right), commander, 200th MPC, about the vessel’s operations.



This photo shows a view of the pier at the U.S. Merchant Marine Academy. USAR representatives visited the academy in an effort to develop a working relationship to recruit midshipmen into the Army Reserve.

CID expands eligibility to become Special Agent officers

Commissioned officers, warrant officers, MPs included in criteria

CRIMINAL INVESTIGATION COMMAND
News Release

QUANTICO, Virginia — The U.S. Army Criminal Investigation Command, commonly referred to as CID, announced new initiatives that expand the eligibility pool of special agent warrant officer candidates to select commissioned officers, warrant officers from other technical fields and Military Police investigators (MPI).

“The changes we are making will allow us to maintain a high level of excellence in our organization by bringing the best and brightest officers, warrant officers and Military Police who have a passion for criminal justice into our ranks,” said Col. John Voorhees, CID deputy commander.

CID special agent warrant officers plan, organize, conduct and supervise criminal intelligence operations (forensic and biometric applications), investigative support programs (economic crimes and drug suppression) and high-risk protective services operations in support of institutional security operations and local nation rule of law operations.

They are critical to CID’s overt and covert investigations, and they represent the Army’s interest in investigations conducted collaterally with the Department of Defense, Department of Justice, and other federal, state, local and foreign investigative agencies.

In the past, CID leadership has predominately looked to CID enlisted agents to fill the warrant officer ranks. The command is now looking not only at enlisted CID agents, but across the Army to broaden the applicant pool.

CID opened application eligibility to the ranks of 1st lieutenant, captain, and chief warrant officer 2 in other technical fields, who meet the eligibility requirements. The application submission window is open now through Feb. 1, 2016.

Officers who meet the eligibility criteria and are interested in applying, should contact their local CID office to access the special agent application forms and complete an interview with the CID special agent in charge. The local CID office will assist officers with the electronic submission of the application forms.

CID has also opened eligibility to qualified MPI serving in 31B occupational specialty in the rank of staff sergeant and sergeant first class (not yet eligible for promotion to master sergeant).

MPI applicants must have completed the V5 skill-identifier training at the U.S. Army Military Police School, conducted criminal investigations within the past two years and meet all special agent warrant officer acceptance criteria, with the exception of the two years of investigative experience serving in the 31D occupation specialty.

MPI applications will also be accepted now through Feb. 1, 2016. As with officer-applicants, MPI-applicants should contact their local CID office for assistance with the application process.

“We have a unique mission and warrant officers are key to accomplishing our mission,” said Col. Debra Hanneman, CID deputy chief of staff for support. “We need to maintain our strength in our warrant officer ranks to ensure the highest caliber investigative and protective services capabilities for the Army.”

More Online

To learn more about the new special agent warrant officer eligibility initiatives, contact CID special agent accreditation division personnel.

CID continues to accept special agent applications from Soldiers with a rank of specialist, sergeant and staff sergeant. For a complete list of eligibility requirements for these Soldiers, visit www.cid.army.mil.



Officer-Applicant Eligibility Criteria

- *U.S. citizenship.
- *General technical score of 110 or higher and skilled technical score of 107.
- *Must have a minimum of a baccalaureate degree from an accredited institution.
- *Eligible for a top secret clearance based on a single scope background investigation.
- *Pass the standard three-event Army physical fitness test and meet height/weight standards.

- *Have normal color vision and no physical limitations.
- *Ability to deploy worldwide.
- *Must possess a valid driver’s license and have a favorable driving record.
- *Ability to speak and write clearly.
- *Must possess a sustained and demonstrated level of leadership competency, as supported by rater and senior rater comments on officer evaluations.

MPI-Applicant Eligibility Requirements

- *U.S. citizenship.
- *General technical score of 110 or higher and skill technical score of 107.
- *Advance Leader Course completion for staff sergeant.
- *Senior Leader Course completion for sergeant first class.
- *Must have a minimum of a baccalaureate degree from an accredited institution.
- *Eligible for a top secret clearance based on a single scope background investigation.
- *Pass the standard three-event Army

- physical fitness test and meet height/weight standards.
- *Have normal color vision and no physical limitations.
- *Ability to deploy worldwide.
- *Must possess a valid driver’s license and have a favorable driving record.
- *Ability to speak and write clearly.
- *Must possess a sustained and demonstrated level of leadership competency as supported by rater and senior rater comments on noncommissioned officer evaluations.

Sea Dragons receive prestigious Knowlton Award

Story and photo by
SGT. 1ST CLASS JAQUETTA GOODEN
94th Army Air and Missile Defense Command
Public Affairs

JOINT BASE PEARL HARBOR HICKAM — Five exceptional service members from the 94th Army Air and Missile Defense Command received the prestigious Knowlton Award, Nov. 23, at the Wright Brothers Café, here.

Keeping with tradition, the ceremony included five Military Intelligence Corps officers taking part in an inimitable candle lighting ceremony, which symbolized the heritage and sacrifice of all MI professionals.

“Receiving the Knowlton Award is a reflec-

tion of all the dedication and hard work that you accomplished. It truly signifies a milestone in one’s career, and I am thankful to my leadership for putting me in and recognizing me for this amazing award,” said Staff Sgt. Keith Barnes, a platoon sergeant.

“It is an honor to be recognized by a command that I served in 10 years ago for this esteemed award that is so significant to the MI Corps,” said former Sea Dragon assistant chief of staff retired Col. Thomas “Buck” Luther.

“It truly shows what great leadership the 94th

Knowlton Award

The MI Corps Association established the Knowlton Award in June 1995.

The award honors the legacy of the revolutionary hero Lt. Col. Thomas Knowlton who commanded the Knowlton’s Rangers under the Continental Army of Gen. George Washington. He’s considered the father of Army Intelligence.

The Knowlton Award is awarded to those who exemplify the highest levels of integrity, professional competence and selfless service needed to be a military intelligence professional.

AAMDC has when, four years after retirement, they make it a point to put me in for the Knowlton Award, and I am truly grateful.”

Lt. Col. Steve Peters, 94th AAMDC deputy assistant chief of staff, G2, explained the Soldiers and officers who receive the Knowlton Award

are recognized for their superior contribution to the MI Corps.

“I want to extend my congratulations to each and every one of the awardees. Well-deserved, and remember, you earn your Knowlton every day,” said Peters.



Former Sea Dragon assistant chief of staff, G2, retired Col. Thomas “Buck” Luther, is presented the Knowlton Award during an award ceremony, Nov. 23, by Col. Bruce Stephens, 94th AAMDC assistant chief of staff, G2.

Living Army Values means you live to a higher standard

MIKE BOWERS
Army News Service

I saw an example of Army Values one Sunday that was better than any commercial produced for television. It was a real, live episode without cameras, producers, scripts or drill sergeants.

The star was a female private who did the right thing without encouragement when none of her superiors were watching.

I was watching.

The event happened at the 1:30 p.m. matinee in front of a Fort Leonard Wood, Missouri, movie theater. A line had formed nearly 30 minutes before the movie was about to begin.

A mix of Soldiers and civilians stood patiently in a queue that formed at the theater entrance and snaked into the parking lot with no shade from the blazing sun.

I took my place behind a group of Soldiers in training. From behind me came a group of privates who were immediately summoned by one of their buddies to join them at the front of the line. As they moved forward, past everyone, my blood began to boil.

I hate line jumping with a passion. While pon-

dering whether to say something, a gentle but serious and firm female voice sounded out from the pack of predominately male privates in front of me.

“Hey, you can’t do that. That is not right. You’re in uniform,” the private said. “Get in line, and wait your turn.”

To my surprise, the other privates heeded her advice.

Wow. I was impressed and shocked – impressed that the female private had the guts to speak up, shocked that young Soldiers would taint the integrity of their service and not adhere to their Army values.

However, that female private understood the seven Army Values.

She was loyal to the heritage and tradition of those who have worn or are in uniform by being a cut above the rest.

She felt it her duty to accept the responsibility for her comrades by exerting herself for the good of the group. She had respect and consideration of how one’s actions reflect upon each of us, both personally and as a professional organization.

She exercised selfless service by being disciplined and having self-control — taking a stand for the integrity of her fellow Soldiers.

She epitomized honor by living up to all the Army values. She exercised her moral compass, not with her inner voice, but rather vocal about doing what was right.

She was willing to do what was right, even if she didn’t know someone was looking. She showed personal courage by showing no fear in facing possible backlash from her peers.

I’m sure that private will do well in her military career. She has already displayed some key traits of a good leader — she fit that description.

Maybe her parents, a teacher or a mentor instilled those values. Maybe it was her drill sergeant or her pride in wearing the uniform. Whomever or whatever set the stage for her to live those values without coaching or scripting.

She deserved a standing ovation.

How will you perform when the spotlight is on you to live your Army Values?



April 15 tax deadline will be here before you know it

DEFENSE FINANCE AND ACCOUNTING SYSTEM
News Release

Do you know that myPay is the quickest way to get your 2015 IRS Form 1095?

In fact, once it becomes available in myPay, in late January, 2016, you will have the option to view, print or save your 1095 in PDF format, which will save approximately 7-10 business days for delivery.

myPay protects against identity theft and is more secure than regular mail by allowing you to access your tax statements securely online.

Finally, myPay matches the industry standards for the highest level of encryption and security to protect all myPay users.

myPay also makes it convenient for you to switch from mail delivery to electronic. You can simply log

into myPay and from the Main Menu, select “Turn on/off Hard Copy of IRS Form 1095.” Answer “Yes” to switch from “Electronic and Hard Copy” to “Electronic Only” for faster and safer electronic delivery.

Questions?

If you have questions about logging into myPay and/or making changes to your electronic elections in myPay, contact the DFAS Customer Care Center at 1-888-DFAS411 or 1-888-332-7411, option 5.

Search this link to log into your myPay account: <https://mypay.dfas.mil/mypay.aspx>.

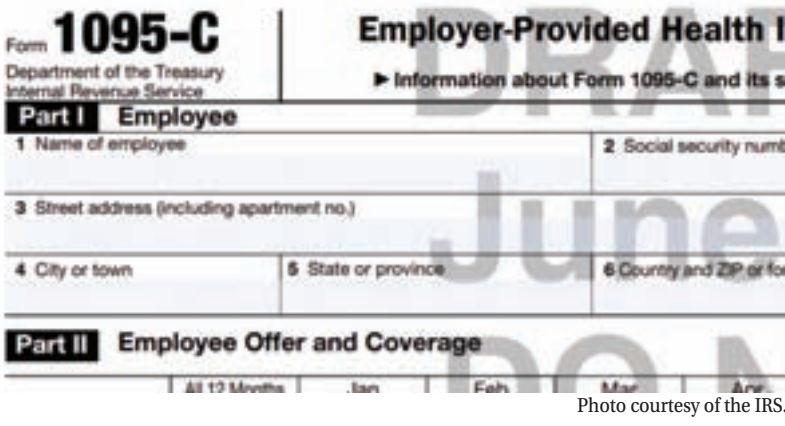


Photo courtesy of the IRS.

It's almost time to fill out your tax forms. Get your Form 1095 online for faster results.

Seven IRS tips help protect your computer online

INTERNAL REVENUE SERVICE
News Release

The Internal Revenue Service, the states and the tax industry urge you to be safe online and remind you to take important steps to help protect yourself against identity theft.

Taxes. Security. Together.

Working in partnership with you, The IRS can make a difference.

Scammers, hackers and identity thieves are looking to steal your personal information – and your money. But there are simple steps you can take to help protect yourself, like keeping your computer software up-to-date and giving out your personal information only when you have a good reason.

We all have a role to play to protect your tax account. There are just a few easy and practical steps you can take to protect yourself as you conduct your personal business online.

Here are some best practices you can follow to protect your tax and financial information:

1. Understand and use security software. Security software helps protect your computer against the digital threats that are prevalent online. Generally, your operating system will include security software, or you can access free security software from well-known companies or Internet providers.

Other options may have an annual licensing fee and offer more features. Essential tools include a firewall, virus/malware protection and file

encryption if you keep sensitive financial/tax documents on your computer.

Security suites often come with firewall, anti-virus and anti-spam, parental controls and privacy protection. File encryption to protect your saved documents may have to be purchased separately. Do not buy security software offered as an unexpected pop-up ad on your computer or email; it's likely from a scammer.

2. Allow security software to update automatically. Set your security software to update automatically. Malware, malicious software, evolves constantly, and your security software suite is updated routinely to keep pace.

3. Look for the “S” for encrypted “https” websites. When shopping or banking online, always look to see that the site uses encryption to protect your information. Look for https at the beginning of the Web address. The “s” is for secure. Unencrypted sites begin with an http address. Additionally, make sure the https carries through on all pages, not just the sign-on page.

4. Use strong passwords. Use passwords of at least 10 to 12 characters, mixing letters, numbers and special characters. Don't use your name, birth date or common words.

Don't use the same password for several accounts. Keep your password list in a secure place or use a password manager. Don't share your password with anyone.

Calls, texts or emails pretending to be from legitimate companies or the IRS asking you to up-

date your accounts or seeking personal financial information are generally scams.

5. Secure your wireless network. A wireless network sends a signal through the air that allows you to connect to the Internet. If your home or business Wi-Fi is unsecured, it also allows any computer within range to access your wireless and steal information from your computer.

Criminals also can use your wireless to send spam or commit crimes that would be traced back to your account.

Always encrypt your wireless. Generally, you must turn on this feature and create a password.

6. Be cautious when using public wireless networks. Public Wi-Fi hotspots are convenient, but often not secure. Tax or financial information you send through websites or mobile apps may be accessed by someone else.

If a public Wi-Fi hotspot does not require a password, it probably is not secure. If you are transmitting sensitive information, look for the “s” in https in the website address to ensure that the information will be secure.

7. Avoid phishing attempts. Never reply to emails, texts or pop-up messages asking for your personal, tax or financial information.

One common trick by criminals is to impersonate a business, such as your financial institution, tax software provider or the IRS, asking you to update your account and providing a link. Never click on links, even if they seem to be from

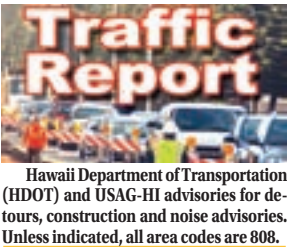
organizations you trust. Go directly to the organization's website. Legitimate businesses don't ask you to send sensitive information through unsecured channels.

Each and every taxpayer has a set of fundamental rights they should be aware of when dealing with the IRS. These are your Taxpayer Bill of Rights. Explore your rights and our obligations to protect them.

Additional IRS Resources

Protect your personal and financial data. Visit Taxes. Security. Together. at <https://www.irs.gov/pub/irs-pdf/p4524.pdf>. Also, these are good resources:

- IR-2015-129, IRS, States and Tax Industry Announce New Steps to Help Public to Protect Personal Tax Data.
- Fact Sheet 2015-23, IRS, States and Industry Partners Provide Update on Collaborative Fight Against Tax-Related Identity Theft.
- IRS and Partner Statements on the October 2015 Security Summit Meeting.
- To automatically receive IRS tax tips, visit IRS.gov, click on “News” and select “e-News Subscriptions.”
- Learn more at www.irs.gov/identitytheft.



7 / Monday

Phase 3 — Schofield's Leilehua Avenue is closed, seven days a week, in phases in order to reconstruct the road. Phase 3, between McCornack and the Stoneman Field Road, goes from today until Dec. 11.

The lanes between Leilehua and Waianae Avenue that fall within the closed portions of Leilehua will be made two-way for residents only. On these lanes, there will be no parking in the Leilehua bound side of the road and no parking within 100 feet from Leilehua Avenue. The no parking area will be used for cars to turn around.

Sound of Freedom — For the community's awareness, mortar training continues on Schofield Barracks, and the surrounding communities may hear it based on environmental and other factors. Should individuals hear noise, there is no immediate danger. Weather, such as overcast conditions, can increase noise and vibrations.

The U.S. Army Garrison Hawaii Hawaii appreciates the community's understanding and continued support of Soldiers and families. While sometimes loud, the sounds of training represent how the military ensures the nation's service members are ready to accomplish the mission and return home safely.

To report concerns related to noise or training, community members can call the Noise Concern Line at (808) 656-3487 or email usaghi.comrel@gmail.com.

Leilehua — Top lift paving and striping will be performed, 8 a.m.-4:30 p.m., until Dec. 17. The contractor will have appropriate safety signs and barriers when the park-

ing lot closes.

Crater Rim Loop — There's a partial road closure at Aliamanu Military Reservation along Crater Rim Loop for new utility pole and underground utility installation that began Wednesday. The westbound lane will be closed for underground utility work 7 a.m.-3:30 p.m., excluding holidays, until Dec. 31.

Phase III Flow — Traffic is restricted access on Schofield's Trimble Road until Jan. 15, 2016, for the third phase of a project for utility installation and curb/sidewalk upgrade. Traffic control will coordinate traffic.

Full Closure — A full road closure on Schofield's Waianae Avenue (South Corridor) between Generals Loop and Jecelin Street continues, weekdays, 8 a.m.-3:30 p.m., until Christmas. During this closure, Waianae Avenue (North) between Generals Loop and Jecelin Street will be designated for two-way traffic.

During nonworking hours, weekends and holidays, a right lane closure will take effect on Waianae Ave (South Corridor) between Generals Loop and Charlton Street, Monday through Thursday, 3:30 p.m.-8 a.m., and weekends, beginning Friday evenings, at 3:30 p.m. and ending Monday morning at 8 a.m.

Waianae Avenue traffic patterns will not be altered during this lane closure. Traffic control will alternate between the full road closure and right lane closure until Dec. 25.

Puakika — The westbound lane of AMR's Puakika Street is closed for utility pole replacement through Dec. 11.

14 / Monday

McMahon — There will be a one-lane closure at Schofield's McMahon Road, weekdays, 8:30 a.m.-5 p.m., until Dec. 28. Traffic will be stopped for pedestrians to walk around work area.

Alignment — There will be a road closure at Carpenter Street, Schofield Barracks, 8:45 a.m.-1:45 p.m. for the connection of a 12-inch water line crossing Carpenter. It is required due to the alignment of the connection point.

During this time, work will include asphalt paving cutting and the installation of a new water main. Cones and flag personnel will be onsite for this work. Traffic will be stopped for pedestrians to walk around work area. No holiday work activities.

21 / Monday

Modified Flow — There will be intermittent road closures at Kubo Street in the vicinity of Bldg. 127 for the installation of a new water main line. Construction will be weekdays (excluding holidays), 7 a.m.-5:30 p.m., until Feb.19, 2016. Construction will occupy Kubo near the intersection of Richardson Street.

Ongoing

Wilson Road — There are intermittent road closures, 7 a.m. to 5:30 p.m., at Fort Shafter's Wilson Road, near Bldg. 420, the Post Office and the intersection at Montgomery Drive, until Dec. 20.

Traffic on Warner Road headed towards the PX will be detoured onto Pierce Street between Bldgs. 435 and 438, and from the PX headed toward Warner Road.

Traffic will be detoured onto Montgomery Drive. Traffic on Montgomery Drive headed towards the PX parking lot will not be affected.

Long Construction — A partial, modified traffic flow and road closure near Schofield's Nehelani for utility installation continues. The area near the loading docks and the parking lot between Bldgs. 2060, 2070 and 2071 are restricted through Dec. 28.

The work will be performed in phases. Parking is limited during closure.



Today

CoR for Engineers — Pacific Ocean Division, U.S. Army Corps of Engineers, will be conducting a change of responsibility ceremony this morning, 10 a.m., Palm Circle gazebo, Fort Shafter. Command Sgt. Maj. Yolanda M. Tate will take responsibility from Command Sgt. Maj. Federico E. Boyce. Call 835-4700.

NCOER — On Tuesday, Stand To! posted the redesigned Army NCO Evaluation Report. The new NCOER aligns the evaluation system with current Army doctrine, establishes and reinforces rating official accountability to eliminate evaluation inflation, and differentiates among three levels of NCO career achievement.

Visit www.army.mil/standto/archive_2015-12-01/?s_cid=standto.

TSP — The Thrift Savings Plan processing schedule for the end of 2015 is now available. The schedule includes information about when transactions (including withdrawals and monthly payments) will be processed, as well as when the TSP will be closed during the holiday season. Visit www.tsp.gov/what-snew/Content/index.html#yearEnd.

Veterans Choice — The VA announced a number of changes to make participation in the Veterans Choice Program easier and more convenient for veterans who need to use it. The move, which streamlines eligibility requirements, follows feedback from veterans along with organizations working on their behalf. Visit www.va.gov/opa/pressrel/pressrelease.cfm?id=2742.

7 / Monday

74th Anniversary — The National Park Service and the Navy host National Pearl Harbor Remembrance Day at Joint Base Pearl Harbor-Hickam. A moment of silence will be observed at 7:55 a.m., the exact moment the Japanese attack on Pearl Harbor began.

The guided missile destroyer USS Preble (DDG 88) will render pass in review honors to the USS Arizona and all Pearl Harbor survivors. A missing man flyover will be conducted. (See related story with additional commemorations on p. A-1.)

Pearl Harbor Parade — The Pearl Harbor Memorial Committee will conduct its annual Pearl Harbor Day parade and opening ceremony, 5 p.m., commemorating the anniversary of the Pearl Harbor attack to honor its survivors, veterans of all wars, active duty military members and their families. The parade route will be from historic Fort DeRussy, through the scenic streets of Waikiki, to Kapiolani Park at the foot of Diamond Head Crater. Visit www.pearlharborevents.com.

8 / Tuesday

Soldiers for Life — The 25th Infantry Division will host a retirement ceremony, 2 p.m., at the Nehelani, Schofield Barracks. Come support and honor these Soldiers.

Tree Lighting — The postponed Schofield Barracks tree lighting takes place on Generals Loop. The fun begins at 6 p.m. Santa will arrive at 6:20 p.m. to greet the crowd and take pictures.

Hot cocoa and cookies will be available on a first-come, first-served basis. Call 655-0113.

15 / Tuesday

Last Day for CFC — The Combined Federal Campaign for the Hawaii-Pacific region was extended. To pledge, see your unit representative or donate online at www.cfc-hawaii.org/.

January

1 / Friday

Tobacco & E-Cigarettes — As of today, the purchase and possession of tobacco products, including electronic smoking devices, will be illegal to those under the age of 21. The Department of Health Tobacco Prevention and Education Program will be creating temporary signage, informational packets and presentations for dissemination.

Also starting on Jan. 1, e-cigarettes (and any electronic smoking devices) will be banned wherever smoking is currently prohibited by state law.

Ongoing

Judging — The Hawaii State Department of Education is seeking judges for an upcoming science and engineering fair, Feb. 13, 2016, for students in grades 6-12. This is a great opportunity to participate in an event that helps local schools and showcases the Army's expertise in a variety of different career fields.

Judges must hold a B.A., B.S., M.S., B.Ed. or M.Ed degree and have work experience in the respective category. Interested?

Qualified Soldiers must fill out the registration form and send to sparkcubed@gmail.com. A DOE staff member will follow-up and provide details.

Survey — Is the Garrison meeting your expectations? Tell us what you think and help improve services and programs provided at U.S. Army Hawaii. Take the survey at <https://www.surveymonkey.com/r/USARHAW2015>. Call 656-0880 for more details.

Voting Registration — Are you registered in your home state? Call the Installation Voting Assistance Officer at 655-5546 to register or visit www.fvap.gov.

We can help others have a safe, happy holiday

BRENT OTO
Suicide Prevention Program

The holiday season is once again upon us, and despite the joy and excitement it brings, the holidays can also be a source of stress – whether stress is from family or financial dilemmas.

This month, please support or encourage a Soldier, family member or veteran to get help.

The mindful act of showing care and concern to those who may be vulnerable can be a game changer.

Ask them whether they are okay, listen to what they have to say in a non-judgmental way and let them know you

care. All can provide a significant impact.

Do not isolate. Isolation increases the risk of suicide, but being there for someone who has become disconnected from friends and family can be lifesaving.

The Army’s strength comes by the numbers of those who support suicide prevention efforts. We encourage our Soldiers, families and communities to “Take a Stand!” and prevent suicide by showing support for a Soldier.

Stop for a minute, shake a hand, have a conversation or say “Thank you for your service.”

Around the world, many people and

organizations are involved in efforts to prevent suicide. Reaching out to those who may be at risk of suicide increases the likelihood that our collective efforts are reducing the number of people who die by suicide.

If you need to speak with a professional on Oahu, you can call 832-3100 or text 741741.

This season, we want everyone to have a safe and happy holiday!

(Editor’s note: Oto is the manager, Suicide Prevention Program, part of the Army Substance Abuse Program, Directorate of Human Resources, U.S. Army Garrison-Hawaii.)



The Take A **Stand!** campaign helps increase awareness and prevention of U.S. Army Hawaii’s four “S” priorities: sexual harassment and assault, substance abuse, safety violations and suicide.

Holiday mailing deadlines are fast approaching

GARY SHEFTICK
Army News Service

FORT MEADE, Maryland — Time is running out to send holiday packages to deployed Soldiers. In fact, the deadlines to send parcels by the affordable Space-Available Mail and Parcel Airlift Mail, to ensure they reach forward operating bases by Christmas, have already passed!

For those willing to splurge, Thursday, Dec. 10, is the deadline for sending packages to most areas by Priority Mail and also for sending letters or cards by First Class Mail.

After that, the only way to get them there in time for the holidays is by the premium Priority Mail Express Military Service, and the deadline for PMEMS is Dec. 17 for most overseas locations.

The deadlines are simply “to make sure people get it before Christmas,” said Pete Graeve, chief of plans and policy for the Military Postal Service Agency.

Another way to ensure timely delivery is by completing the online customs form before taking packages to the post office.

Customs form

The online customs form can be found at www.usps.com. Completed forms for items being mailed overseas should be printed and attached to packages before taking them to the post office.

Graeve said filling out the forms at home beats trying to complete them while standing in line with other customers. The forms, he said, must be included to ensure delivery.

“Basically, anytime a package crosses an international border, we have to have a customs form on it,” Graeve said.

Attention to detail in filling out the form can also help speed delivery, Graeve said. If postal employees have reason to question the contents list or need to type the form themselves into a computer, that can slow the delivery process, he explained.

Mail processing

After a package is dropped off, postal employees must sort and process the mail.

“There are multiple steps in the process,” Graeve said, and this time of year is usually the busiest for both the USPS and military post offices, he added.

Most of the packages going to APOs, in Afghanistan or elsewhere in Southwest Asia, will go to the International Service Center in Chicago. While there are other similar centers, such as the ones in New York or Miami, about 90 percent of military packages going to the Middle East or Southwest Asia go through Chicago, Graeve said.

“In Chicago, we have a significant presence,” Graeve said. “We’re monitoring mail that is going back and forth. If there are issues with overseas (mail), they know where to push the button to make things move or get it resolved.”

From Chicago, mail will go to an airport or seaport of embarkation.

Modes of transport

“There are a lot of variables that go into the movement of the mail,” Graeve said. “It’s not a one size fits all.”

Standard mail usually goes on surface carriers. For overseas, that usually means by ship. A ship might take weeks to reach its port.

First Class and Priority Mail flies on aircraft



Photo courtesy of Military Postal Service

Agency Soldiers and a civilian employees sort mail earlier this year at an overseas military postal facility.

when going overseas, Graeve said. Space-Available might go by either ship or air.

Packages arrive overseas at a port of debarkation, which is either an aerial port or seaport of debarkation, known as a SPOD. There the mail will be sorted again and put on a mode of transport, such as a commercial truck to get it to a Military Mail Terminal (MMT).

At MMTs, like the one at Camp Arifjan in Kuwait, the packages may be processed by military mail handlers, along with contractors and civilian employees. Then they will be sent forward

to a military post office.

“Once it gets to the post office, the post office will further sort it to the individual,” for delivery, Graeve said. “It’s kind of like a hub-and-spoke approach,” he said.

Graeve has a few simple tips to ensure timely delivery.

“Make sure (packages) have good addresses to the people, and make sure they follow all the USPS rules and regulations. If they stick to those time frames, the items should get to the addressee in time for Christmas,” he said.



Soldiers get ready to bowl the first game at the grand opening celebration of the Hangar Entertainment Center, Dec. 2.

Wheeler Bowling Center transforms into ‘Hangar’

Story and photos by
DORIS PANGELINAN
Staff Writer

WHEELER ARMY AIRFIELD — The new Hangar Entertainment Center celebrated its grand opening, Dec. 2, with a ribbon-cutting ceremony, free bowling, refreshments and giveaways for approximately 60 Soldiers, civilians and family members.

Formerly known as the Wheeler Bowling Center, the new center is a total transformation of the old-school bowling alley that had closed its doors for months.

The extensive renovation was planned by Army interior designers from Installation Management Command headquarters at Fort Sam Houston, Texas, and cost a total of \$1.7 million in non-appropriated funds.

Extensive renovation

The state-of-the-art center now features four bowling lanes, two pool tables, a foosball table, video games, nine television screens, two projector screens, a bar and dining section that seats up to 50, and an outdoor dining patio.

Bowlers can now enjoy comfortable streamlined sofas in the bowling area, and top-quality materials have been implemented throughout the facility, including sparkling blue granite banisters and counters and ceiling fans and lights that are reminiscent of helicopter propellers.

Even the chairs have been designed to look like cockpit chairs, and the kitchen and restrooms have also been redone.

Set up with an aviation theme because of the base’s history, the Hangar Entertainment Center’s renovation was implemented with young Soldiers in mind.

“We’d been receiving feedback from Soldiers who live here and said they didn’t have enough to do in their free time. Some Soldiers who don’t have vehicles stay in the barracks and end up feeling depressed. We want to draw them out into a social setting – give them a place to hang out,” explained David N.



The grand opening celebration of the Hangar Recreation Center kicked off with a ribbon-cutting ceremony.

Roudybush, deputy director, Directorate of Family and Morale, Welfare and Recreation, U.S. Army Garrison-Hawaii.

The Center serves as an attractive place

where patrons meet to bowl, dine and have fun in their free time. Families, children and civilians are welcome, but the Center is mainly intended for use by Soldiers.



The Hangar Entertainment Center has four bowling lanes.

Hours of Operation

The Hangar is located at 1735 Wright Avenue. Its current opening hours follow:
•Wednesday through Saturday, 11 a.m. – 6 p.m.
•Sunday, 1 p.m. – 8 p.m.
•Monday and Tuesday, closed.
For more information, call 656-1745. Visit www.HiMWR.com.



“We’re trying to listen to the community and give them what they want,” Roudybush added.

The bowling alley at Schofield Barracks, which is intended for family use, is also scheduled for a full renovation that should take place within two years.



Visitors enjoy the grand opening celebration at the Hangar Entertainment Center, Dec. 2.



Briefs
Today

Grill Your Own Steak Night — Grill your own steak every 1st and 3rd Friday, from 3-8 p.m., at the FS Hale Ikena on Mulligan’s lanai for \$13.95, or let one of the chefs grill it for an extra \$3. All steaks are served with a baked potato and the chef’s choice of vegetable. Call 438-6715.

5 / Saturday

Paws and Claus — Health and wellness promotion 2-mile walk begins at 8 a.m. at SB Martinez Gym. Participants are encouraged to dress in holiday attire. Dogs are welcome, with costume prizes awarded. Call 655-4804.

SKIES Unlimited Winter Recital — Runs 10 a.m.-6 p.m. at the KROC Center, Kapolei, and includes Hawaii hula, dance and Disney’s “Little Mermaid” performances.

6 / Sunday

Sunday Brunch at FS Hale Ikena — Savor roasted prime rib with a peppercorn and garlic crust, along with exquisite dishes with flavors infused from the Pacific Rim, Asia and Hawaii Nouveau, 10 a.m.-1 p.m.

Groups and large parties welcome. Reservations are recommended. Adult fee is \$24.95 with children’s prices available. Call 438-1974.

SB Kolekole Bar & Grill — Weekend restaurant services now offered, 11 a.m.-6 p.m., Saturdays, and 6 a.m.-3 p.m., Sundays.

7 / Monday

Mongolian Barbecue — “Create Your Own Stir Fry” begins at 5 p.m. on Mondays at the SB Nehelani. Create delicious, healthy food that you can customize using a variety of meats, poultry, seafood, vegetables, sauces and spices.

A children’s menu is available. Cost is 65 cents for each ounce. Call 655-4466.

8 / Tuesday

Teen Manga Club — Get your Manga fix with other teens, 3 p.m., SB Sgt. Yano Library, every second and fourth Wednesday of the month. Call 655-8002.



Send announcements
a week prior to publication to
community@hawaiiarmyweekly.com.

Today

Wahiawa Town Christmas Parade — Sponsored by Wahiawa Community & Business Association, 6-8 p.m. The event is expected to have 300 marchers, 10 vehicles and two floats. It will start at Kaala Elementary School, to California Avenue, to North Cane Street and end at Center Street. Call 348-2238.

A Christmas Story: The Musical — Diamond Head Theatre’s opening for the musical stage adaptation of the perennial holiday-favorite movie is tonight, with the scheduled run lasting until Dec. 23. Visit www.diamondheadtheatre.com or call 733-0274.

Honolulu First Friday — Come to see the main events between 5 and 9 p.m., and stay for the late night party at some of the trendiest, most popular spots in Honolulu every first Friday of every month.

Stop by unique galleries, boutiques, cafes and restaurants that feature exciting art exhibits and free entertainment. Visit www.firstfridayhawaii.com.

5 / Saturday

Kolekole Walking-Hiking Trail — The trail is open, 5:30 a.m.-6:30 p.m.,

‘HUI’ HOLIDAY LUNCHEON

Mele Kalikimaka: Make it, Bake it, ^ Fake it

Join the Hui ‘O Na Wahine December 15, 2015

Doors Open at 10:30 AM,
Luncheon Begins at 11:15 AM
At the Nehelani Ballroom, Schofield Barracks
Tickets: \$20(Cash) \$21(Square)
RSVP by December 9th, Space is limited
Send reservations to huireservations@gmail.com
To donate an auction item, complete the auction form found in the newsletter and email it to huisecondvp@gmail.com.

OUR DECEMBER CHARITY
USO Hawaii
REQUESTED DONATIONS

- washcloth/poof
- travel size lotion
- travel size shampoo and conditioner
- toothbrush
- travel size body wash
- toothpaste
- razors
- deodorant

Both female and male versions of these products are collected.
Store bought brand names are preferred.

Find your holiday gifts here!

www.schofieldspousesclub.com
huischofield@gmail.com

No yet a member? It's never too late to join! Membership is \$25.
For more information, email huischofield@gmail.com

Courtesy Hui ‘O Na Wahine

SCHOFIELD BARRACKS — The Hui ‘O Na Wahine spouses club is taking on new members and closing out reservations Dec. 9 for its holiday luncheon Dec. 15 at the SB Nehelani Ballroom. For membership information, write huischofield@gmail.com or visit www.schofieldspousesclub.com.

SB Christmas Tree Lighting — Evening at General’s Loop begins at 5:30 p.m., and features a performance by Army Music Hawaii, appearances by costumed characters, pictures with Santa, cookies and cocoa. (This event was originally scheduled for Nov. 24.)

9 / Wednesday

BOSS Meetings — Hooah! Single Soldiers and geographic bachelors are highly encouraged to attend BOSS meetings every Wednesday of the month to discuss community service projects and fun upcoming programs. Get involved and make a difference.

•North meetings are held at SB Tropics, every 1st and 3rd Wednesday, at 3 p.m.

•South meetings are held at the FS Bowling Center, every 2nd and 4th Wednesday of the month, at 10 a.m.

Call BOSS at 655-1130.

12 / Saturday

AMR Winter Wonderland — Celebrate the holiday season with crafts, face painting and performances by SKIES performers, 9 a.m.-2 p.m. Begin the day with breakfast with Santa, 8 a.m., with reservations required at Army Leisure and Travel Services locations. Breakfast ticket prices are adults, \$18; kids, 5-11, \$9; and children under 5 free. Call 655-0002.

16 / Wednesday

Dec. 5-6. Do not park at the trail from 6:30 p.m.-5:30 a.m. Violators will be ticketed. The trail contains hazards, and use of the hiking trail is at your own risk.

Makalapa Elementary School — This predominantly military-child school, near AMR, is hosting its first-ever Craft & Gift Fair, 8 a.m.-noon, with more than 50 vendors of crafts and gifts along with child friendly activities. Some parking spaces available in front of school and at Radford High School.

Fox Sports MLB All-Star Event — Baseball stars will offer lifestyle and mechanics discussion and instruction, 9 a.m., Ward Field, Joint Base Pearl Harbor-Hickam. Bring one item for signature following the discussion.

Tickets are not required for this event, and seats are based on a first-come basis. Bring your own beach chair or blanket. Visit www.greatlifehawaii.com.

Salute to the Troops — The USO is hosting this “salute” at Wet ‘n Wild, from 10:30 a.m.-5 p.m. The park will be open to service members, reservists, retirees and their families for free; it will be closed to the general public. Just bring your ID card. Nonmilitary guests of military must pay \$29.99.

The parking fee will be \$8, and no outside food, drinks or alcohol are allowed.

Visit USO Hawaii or Wet’n’Wild Hawaii or Facebook.com/HawaiiUSO for more details. Call 422-1213.

ACS Open House — SB main facility opens its doors with food, cake and holiday decorations, 1:30-3:30 p.m.

Ongoing

2016 Pro Bowl Tickets — Tickets are on sale at the SB Leisure and Travel Services office, sold on a first-come, first-served basis, at Bldg. 3320, Flagview Mall, for the Jan. 31, 2016, all-star game at Aloha Stadium.

No limit on sales. Ticket purchaser must have a military ID and be 18 years of age or older. Call 655-9971.

Mini Baseball Registration — Register keiki born 2011-2013 for the Jan. 21-March 10, 2016, season through Jan. 6, 2016. Cost is \$20; includes parents and youth receiving a T-shirt. For registration call 655-5314 (SB/HMR/WAAF) or 833-5393 (AMR/FS/Camp Smith).

Catering and Event Services — SB Nehelani and FS Hale Ikena offer services and support for baby’s 1st birthday, graduation parties, hail and farewells. Book your next event at Army Clubs. Call 438-1974 (FS) or 655-4466 (SB) to speak to a catering manager.

Home P.E. — Youth Sports conducts free P.E. classes for military home-school families. Cost is free. Register and include the following

Kuhio Beach Hula Show — Free show, 6-7 p.m., Tuesdays, Thursdays and Saturdays at the Kuhio Beach Hula Mound, near the Duke Kahanamoku statue, weather permitting. Cameras are welcome and seating is available on the grass, beach chairs and mats. Call 843-8002.

Army Music Hawaii — “Santa’s Holiday Vacation” show will be staged at 2 and 5 p.m. at Hale Koa Hotel’s Ilima lawn, Dec. 5, featuring live music meshed with jumbotronic-displayed video and live acting components.

Honolulu City Lights Tree Lighting Ceremony/Parade — Sponsored by the City and County of Honolulu, 6-11 p.m. The event is expected to have 2,000 marchers, 40 floats and 15 vehicles. It will start at Aala Park to King Street, Kokohead on King Street, and end in closed off portion of King Street, between Punchbowl and South streets. Call 768-6622 or email eo@honolulu.gov.

6 / Sunday

Sunset Mele on the Rooftop — The Hawaii Convention Center hosts the sixth installment of its monthly entertainment series, 1-5:45 p.m., featuring food, crafts, live entertainment and a 4 p.m. showing of the movie “Polar Express.” Admission is free; convention center parking is \$5.

Honolulu City Lights Trolley Tours — Ward Village offers tours

information: youth’s name, age/grade, home/cell number and family email address. Visit www.armyhawaiiyouthsports.com or call 655-6465 (SB) or 836-1923 (AMR).

Torch Club — The Torch Club is looking for volunteer teen leaders. Members help plan and organize teen events, manage the teen lounge, attend leadership camps and trips, meet new teens and have fun participating in leadership and social activities.

Meetings are held at 3:30 p.m., once a week, at the FS Teen Lounge. Call 438-6470.

Pacific Teen Panel — AMR/FS Teen Center Teen Panel is looking for interested teens who want to serve on the PTP for the AMR/Tripler/FS communities.

Teens must be CYS Services registered, in the 9th-11th grade, and participate in youth activities.

PTP participants are advocates for their peers participating in monthly teleconference calls or video teleconference with other youth in the Pacific. Call the AMR Youth Center at 833-0920 or FS Middle School and Teen Program at 438-6470.

SKIES Unlimited Hula Classes — SB and AMR host hula classes for \$35 per month. Call 655-9818 for class availability or visit www.himwr.com.

from the Auahi Street bus stop. Arrive 10 minutes prior to departure, through Dec. 30. A portion of the proceeds goes to the Hawaii Foodbank. Tickets available online at holidaylightstour.com. Call 591-8411.

Handel’s “Messiah” — The 68th annual Central Union Church concert performed by the Central Union Oratorio Choir and Chamber Ensemble, 7 p.m. Offerings welcome. Call 941-0957.

7 / Monday

Pearl Harbor Remembrance Ceremony — 25th Infantry Division will host a commemoration ceremony at U.S. Army Museum, Fort DeRussy, at 3 p.m. The 25th ID and U.S. Army Hawaii commanding general, Maj. Gen. Charles A. Flynn, will be the keynote speaker. Senior leaders will lay wreaths in honor of service members and the 25th ID Band will perform.

NCAA Basketball — Doubleheader at Bloch Arena, Joint Base Pearl Harbor-Hickam begins at 2 p.m. with Oklahoma/Villanova followed by Navy/Oregon State. Free tickets available at Fleet Store ITT, JBPHH. Visit www.greatlifehawaii.com.

9 / Wednesday

TAMC Holiday Tree Lighting and Keiki Wonderland — Keiki Wonderland runs 4-7 p.m. at Regimental Par. Tree lighting activities are 6-7:30 p.m. at the Oceanside entrance of



Additional religious services, children’s programs, educational services and contact information can be found at www.garrison.hawaii.army.mil. (Click on “Religious Support Office” under the “Directorates and Support Staff” menu.)

- AMR: Aliamanu Chapel
- FD: Fort DeRussy Chapel
- HMR: Helemano Chapel
- MPC: Main Post Chapel, Schofield Barracks
- PH: Aloha Jewish Chapel, Pearl Harbor
- SC: Soldiers’ Chapel, Schofield Barracks
- TAMC: Tripler Army Medical Center Chapel
- WAAF: Wheeler Army Airfield Chapel

Buddhist Services

- First Sunday, 1 p.m. at FD
- Fourth Sunday, 1 p.m. at MPC Annex

Catholic Mass

- Thursday, 9 a.m. at AMR
- Saturday, 5 p.m. at TAMC, WAAF
- Sunday services:
 - 8:30 a.m. at AMR
 - 10:30 a.m. at MPC Annex
 - 11 a.m. at TAMC
- Monday-Friday, 11:45 a.m. at Soldiers’ Chapel and 12 p.m., TAMC

Gospel Worship

- Sunday, noon. at MPC
- Sunday, 12:30 p.m. at AMR

Islamic Prayers and Study

- Friday, 1 p.m. at MPC Annex
- Friday, 2:30 p.m., TAMC
- Saturday and Sunday, 5:30 a.m.; 6, 7 and 8 p.m. at MPC Annex

Jewish Shabbat (Sabbath)

- Friday, 7:30 p.m. at PH

Pagan (Wicca)

- Friday, 7 p.m. at Wheeler Annex

Protestant Worship

- Sunday Services
 - 9 a.m. at MPC
 - 9 a.m., at FD, TAMC chapel
 - 10 a.m. at HMR
 - 10:30 a.m. at AMR
 - 11:30 a.m. at WAAF (Spanish language)
 - 11 a.m. at SC (Contemporary)
- Liturgical (Lutheran/Anglican)
- Sunday, 10 a.m. at WAAF



Temporarily closed
for maintenance

Call 624-2585 for movie listings or go to aaes.com under realtime movie listing.

Schofield Barracks’

Sgt. Smith Theater

remains closed for

Directorate of

Public Works

maintenance work.

A January 2016

reopening

date for movie

viewing

is tentatively

scheduled.

Call Schofield

Exchange at

237-4502/4572.

No shows on Mondays, Tuesdays or Wednesdays.



Calendar abbreviations

- 8th TSC: 8th Theater Sustainment Command
- 25th ID: 25th Infantry Division
- ACS: Army Community Service
- AFAP: Army Family Action Plan
- AFTB: Army Family Team Building
- AMR: Aliamanu Military Reservation

- ASYMCA: Armed Services YMCA
- BCT: Brigade Combat Team
- BSB: Brigade Support Battalion
- Co.: Company
- CYSS: Child, Youth and School Services
- EFMP: Exceptional Family Member Program
- FMWR: Family and Morale, Welfare and

- Recreation
- FRG: Family Readiness Group
- FS: Fort Shafter
- HMR: Helemano Military Reservation
- IPC: Island Palm Communities
- PFC: Physical Fitness Center
- SB: Schofield Barracks

- SKIES: Schools of Knowledge, Inspiration, Exploration and Skills
- TAMC: Tripler Army Medical Center
- USAG-HI: U.S. Army Garrison-Hawaii
- USARPAC: U.S. Army-Pacific
- WAAF: Wheeler Army Airfield

IPC expands solar effort

ISLAND PALM COMMUNITIES
News Release

SCHOFIELD BARRACKS — Island Palm Communities, in partnership with U.S. Army Garrison-Hawaii, is excited to expand its renewable energy program.

Beginning Dec. 7, Solar City crews will begin installing rooftop photovoltaic (PV) systems atop homes in Kalakaua Phase 3 and Wiliwili neighborhoods.

“We’re happy to have received approval from Hawaiian Electric Company to install an additional eight megawatts of PV, which will help us reach our current goal of 25 megawatts,” said Pete Sims, project director of IPC.

“We anticipate our PV systems will provide up to 30 percent of our communities’ energy needs, and we’re continuing to work on expanding our solar hot water program and pursuing other energy-saving opportunities in our homes,” added Sims.

Homes at IPC’s Rainbow Village neighborhood at Tripler Army Medical Center are also scheduled to have PV installed after the start of the new year, as will Castner Village and Mendonca Park on Schofield.



Courtesy of Island Palm Communities

New rooftop photovoltaic systems are scheduled in USAG-HI housing this month.

Exchange matches prices

ARMY & AIR FORCE EXCHANGE SERVICE
News Release

DALLAS — This holiday season, the Army & Air Force Exchange Service promises to offer Soldiers, Airmen and their families the lowest prices in town – or it will pay them back the difference!

Under the Exchange’s Extended Holiday Price Guarantee, if shoppers find an item they’ve already purchased at the Exchange at a lower price from a local competitor, they will receive a gift card loaded with the difference in price.

Purchases made in Exchange stores through Dec. 24 are eligible for the guarantee.

“Military families already have too much on their plates this time of year to be worrying about finding the lowest price for each holiday gift purchase,” said Air Force Chief Master Sgt. Sean Applegate, Exchange senior enlisted adviser. “The Exchange makes it easy by offering Soldiers, Airmen and their families the most affordable prices and tax-free shopping, all under one roof.”

To receive the gift card, shoppers must simply bring their original Exchange receipt and a current ad from a competitor. The Holiday Extended Price Guarantee includes shopmyexchange.com, but not other website prices.

About the Exchange

The Army & Air Force Exchange Service goes where Soldiers, Airmen and their families go to improve the quality of their lives through goods and services provided. Exchange earnings provide dividends to support military morale, welfare and recreation programs.

The Exchange is part of the Department of Defense and is directed by a board of directors, responsible to the secretaries of the Army and Air Force through the chiefs of staff.

More Online

Visit the Exchange online at www.shopmyexchange.com.

Commissary rings in the holidays savings

SALLIE CAUTHERS
Defense Commissary Agency

FORT LEE, Virginia — The holidays are right around the corner, and special in-store promotions make the commissary the place to go to save on holiday groceries, according to the Defense Commissary Agency’s director of sales.

“We have some great promotions lined up for the holiday season,” said Tracie Russ, DeCA sales director. “Thanks to our industry partners, our patrons will be able to save quite a bit of money for their holiday entertainment and meal needs.”



December specials

Throughout December, DeCA’s industry partners – vendors, suppliers and brokers – are collaborating with stateside stores to offer discounts on holiday specials beyond everyday savings. Overseas stores may have substitute events for certain promotional programs. Customers are asked to check their local commissary for details on dates and times for the following promotions:

- Customers can use coupons from the 16-page turkey coupon booklet through Dec. 21 for their holiday turkey dinners. The coupons provide commissary shoppers with greater than normal savings or free turkeys when purchasing their holiday meal essentials using the coupons.

Terms and conditions are on the coupons. The vendors include Kraft Heinz Company, Kellogg’s, General Mills, P&G, Nabisco, Ritz, Hefty/Reynolds Wrap, Fresh Express and Johnsonville & Frito Lay. This turkey coupon booklet also includes preparation tips and holiday recipes.

- Throughout December, commissary

Sales Online

Patrons can find out more details on holiday promotions and other discounted items in their commissary by accessing the sales flyer on the “Savings Aisle” of www.commissaries.com.

deli departments stateside and in the Far East will be offering an additional 15 percent off on combination 16-inch party trays of various luncheon meats and cheeses, and holiday cookies.

- From Dec. 1 through Jan. 15, 2016, Commissary Rewards Cards will be preloaded with coupon savings on several products. Terms and conditions apply.

Participating items include \$3 off on certain Unilever items, Country Crock Spread, Lipton Soup Secrets, Lipton Recipe Secrets, Knorr Bouillon, Knorr Soup, Knorr Pasta Sides or Rice Sides, Knorr Gourmet Gravy and Lipton Superfruits Teas.

- Patrons can also save \$1 off Kaytee Wild Bird Food, until Dec. 4, and \$.50 cents on any Melt Organic item through Dec. 15.

“We want our patrons to remember their commissary benefit for their holiday needs,” Russ said. “More importantly, the Defense Commissary Agency wishes you and your family, here and abroad, a very happy, healthy, and safe holiday season.”



File photo

Commissaries across the world, including Schofield Barracks, are gearing up for the holidays with December specials.

Holiday SERVICES

■ The Religious Support Office will hold the following services/events during this holiday season. ■

Catholic

- Second Sunday of Advent**
Dec. 6, 5 p.m., at Wheeler Chapel
Dec. 7, 10:30 a.m., at Main Post Chapel, Schofield Barracks
- Dec. 6, 6 p.m., Advent Reconciliation Service**, Aliamanu Military Reservation Chapel
- Dec. 8, 11:45 a.m., Solemnity of the Immaculate Conception of the Virgin Mary**
Daily Mass, Soldiers Chapel, 11:45 a.m.
AMR Chapel, 5 p.m.
- Dec. 9, Advent Reconciliation Service at MPC Chapel**
1st Confessions for children at 6 p.m., followed by the remainder of the congregation at 6:30 p.m.
- Third Sunday of Advent**
Dec. 12, 5 p.m., at Wheeler Chapel
Dec. 13, 10:30 a.m., at MPC

- Fourth Sunday of Advent**
Dec. 19, 5 p.m., at Wheeler Chapel
Dec. 20, 10:30 a.m., at MPC
- Dec. 24, 4 p.m., Christmas Family Mass** at MPC, AMR Chapels
- Dec. 24, 10 p.m., Christmas Eve Mass** at Wheeler Chapel
- Dec. 25, 10:30 a.m., Christmas Day Mass** at MPC
- Dec. 26/27, Feast of the Holy Family of Jesus, Mary and Joseph**
- Dec. 31, 5 p.m., Vigil Mass**, for Mary Mother of God at AMR Chapel
- Jan. 1, 2016, 11:45 a.m., Mary Mother of God** at Soldiers Chapel
- Jan. 2/3, Epiphany of the Lord**
Jan. 9, 5 p.m., at Wheeler Chapel
Jan. 10, 10:30 a.m., at MPC
- Baptism of the Lord**
Jan. 9, 5 p.m., Wheeler Chapel

Jan. 10, 10:30 a.m., at MPC

Jewish

- Dec. 8, 6 p.m., Menorah Lighting Ceremony** at MPC

Protestant

- Dec. 24, 5 p.m., Christmas Eve Service** at Fort DeRussy Chapel
- Dec. 24, 6:30 p.m., Joint Contemporary Christmas Eve Service** at MPC
- Dec. 24, 7 p.m., Christmas Eve Candlelight Service** at AMR Chapel
- Dec. 24, 7 p.m., Christmas Eve Service**-(Traditional) at Wheeler Chapel
- Dec. 25, 10 a.m., Aloha Breakfast**, Christmas day at MPC
- Dec. 25, 10 a.m., Aloha Breakfast**, Christmas day at Wheeler Chapel

AD

POSTER CONTEST



Artwork poster designed by Jamise Sains, 8th grade, and 3rd place Middle School category winner in the Take a Stand! competition.

Sexual Harassment Assault Response & Prevention
Hawaii SHARP 24 / 7
Hotline (808) 655-9474

Suicide Prevention
Hawaii Hotline
24-hr Crisis Line: (808) 832-3100
Neighbor Islands: (800) 753-6879

Adolescent Support and Counseling Service
(808) 655-9944

We can learn to savor impossibly perfect holidays

While picking bits of pumpkin pie from our teeth on the last night of Thanksgiving break, my husband Francis and I sat alone in the family room, mulling over the holiday in silence.

It had been very different from other Thanksgiving days. Our college son’s desire to sleep in his own bed convinced us to cancel a rental cabin in Maine and accept an invitation to spend the day at Francis’ college roommate’s house west of Boston.

It felt odd going to someone else’s house for the holiday. We had gotten used to spending Thanksgivings alone with our kids for the last eight years or so, because it was usually impractical to travel great distances to be with extended family.

So this year, when we decided to go to someone else’s house for the holiday, it felt a little funny. I had to admit, not having to cook an entire meal by myself sounded pretty sweet, though.

Francis’ college roommate, Marty, was expecting 30 people, and I was more than happy to be a mere contributor to what would surely be an epic buffet.

We arrived mid-afternoon to Marty’s renovated clapboard farmhouse in Bedford, Massachusetts, and it immediately felt like we’d stepped into an L.L.Bean catalog.

Our lab, Moby, leaped out of our minivan to sniff Marty’s labradoodle, “Gretzky,” and the two frolicked on the outskirts of the yard, stirring up wispy puffs of milkweed floss that floated over the adjacent field like fairy dust.

Marty and his family spilled out onto the wrap-around porch to greet us, then escorted us to the barn where the rest of their relatives were cracking open cold beverages around a roaring woodstove. The barn had been converted into a party house with refrigerators and a television, nestled in the trees on a rise overlooking the property.

Marty’s three siblings, who all lived within driving distance, were in the barn with their families. Francis knew them all, but I had only met them once or twice before. It seemed like everyone was tall with full heads of hair; intelligent, but not nerdy; well off, without being haughty; effortlessly dapper; and gen-



uinely friendly.

Their children, all older teens and young adults, were amazing conversationalists for their age, chatting with cousins and adults with ease about their life at Notre Dame or their work in analytics at Google.

When the dinner bell rang, we all circled around the platters laid out in the house’s candlelit dining room, piling our plates high with turkey, beef tenderloin, creamy cauliflower, candied sweet potatoes and too many other side dishes to count.

With all hands chipping in, an obscene number of dishes were washed, dried and put away, leaving nothing but wine glasses and dessert plates for the next round. A firepit was lit outside between the house and barn, and someone turned on music as the sun sank behind the black silhouette of trees.

From my Adirondack chair near the fire, I watched uncles and aunts dancing and laughing freely with nieces and nephews, having done this at family gatherings many times before.

They’re all so, so perfect, I thought. I couldn’t help but compare the idyllic scene to our own military family’s hodge-podge of Thanksgiving experiences while stationed in California, England, Virginia, Germany, Florida and Rhode Island.

Just then, a thought crept up on me that had to be suppressed. Before I would allow “Why can’t we be more like them?” to corrupt my consciousness, I mustered my best defense mechanism.

They must be hiding something! I convinced myself, and I

envisioned loudly accusing the crowd of impossibly perfect people: Show of hands. How many of you have declared bankruptcy? How many kids here smoke pot? Anyone a hoarder? Someone here must surely be addicted to porn.

An hour later, we were back in the van driving home, and I was thankful that I’d kept my mouth shut. I had come to the unavoidable conclusion that our friends’ Thanksgiving event really was perfect after all.

After two days of feeling inadequate by comparison, it finally dawned on me that there is more than one measure of the strength of a family. Military life didn’t allow us to cultivate long-standing traditions with extended family because we had to move around so much. More often than not, it was just our little family of five together on the holidays, doing our best to have fun.

“You know Hon,” I said, finally breaking the silence in our family room, “We may not be perfect, but the fact that we can spend the holidays alone with each other, year after year, is proof that we are perfect for each other.”

(A 20-year military spouse and mother of three, Molinari has plenty of humor to share in her column, “The Meat and Potatoes of Life,” which appears in military and civilian newspapers and at www.themeatandpotatoesoflife.com.)



Courtesy photo

DOD moves ahead with electronic health care recordkeeping system

LISA FERDINANDO
Department of Defense News,
Defense Media Activity

WASHINGTON — The Defense Department has met the interoperability requirements for electronic health records as called for in the National Defense Authorization Act (NDAA) of 2014, according to DOD officials.

DOD and Veterans Affairs have two goals in integrating patients’ records and making the information accessible by both agencies, said Chris Miller, the program executive officer for Defense Healthcare Management Systems.

Those goals, he said, are to create a seamless health record and modernize the software that clinicians and analysts in both agencies can use.

Information access

“At the end of the day, I think it comes down to some pretty basic things,” Miller said in a media roundtable at his Arlington, Virginia, office.

“Are we able to share information and are people able to use that information to accomplish their job on the other side?” Integrated view helps doctors and veterans. By seeing a patient’s combined record, doctors will have a complete picture of the patient’s medical treatment, he said.

This will allow clinicians to make the best choices for the patient.

It saves doctors and analysts from having to sort through stacks of copies of files, Miller said, adding that patients will no longer have to provide hard copies of their records, which could be hundreds of pages long.

There are multiple electronic health record systems within DOD, he said. The first steps in building the integrated system included making sure officials knew where all the data was, and agreeing to common terms using national standards.

The Web-based, integrated system, called the Joint Legacy Viewer, or JLV, is secure, Miller said.

A user needs government credentials to log in, and the system keeps track of who accesses a person’s record.

The JLV can be viewed by DOD and VA personnel. Benefit analysts use the information for disability evaluations.

“That’s an important concept because that really gets at what is important, which is really having access to the information,” Miller noted.

Long-term commitment

Interoperability is a “steadfast commitment on our behalf,” he said.

“What we really want to be able to show is the progress we’ve made and demonstrate our commitment to making sure that we’re providing tools that are useful for our providers, but also making things better for our service members, veterans and their families,” Miller said.

There is a lot of information and data, he said. The JLV inte-



Courtesy Photo

TRICARE is moving forward with new initiatives that replace old fashioned hard-copy filing with electronic recordkeeping.

grates information from 300 data sources.

“We’ve done a lot to get this information to a point where it’s both shared and it’s usable, but we recognize that we’re going to continue to have to do more things to actually continue to make it as useful as possible,” Miller said.

JLV is still in a testing phase, he said.

“This data does a lot to help people, and it also does a lot to improve how our clinical providers do their job,” Miller said.

Demonstrating the JLV

During the media roundtable, Dr. Brian Jones, the Defense Health Agency user integration branch chief, demonstrated using the JLV.

“The data the JLV is exposing is actually all the way from when somebody enters the military, all the way through deployment, and also follows them to the VA,” he said.

In a letter dated Nov. 16, Frank Kendall, undersecretary of defense for acquisition, technology and logistics, said that DOD and VA have partnered closely to meet the 2014 NDAA requirements.

DOD has mapped all 21 domains requiring national standard terminologies, representing nearly 1.8 million unique clinical terms, Kendall said in the letter to U.S. Representative Harold Rogers, House Appropriations Committee chairman.

The NDAA required all data in DOD’s Armed Forces Health Longitudinal Technology Application outpatient system be shared in compliance with existing national standards.

Kendall said the DOD exceeded NDAA requirements by integrating data from other DOD systems, including inpatient, theater and pharmacy.

Enrollment webinar set

TRICARE
News Release

TRICARE and Military OneSource are co-hosting a webinar to discuss TRICARE Young Adult (TYA), open enrollment and other health insurance.

Join the conversation, Monday, Dec. 7, at 7 a.m., Hawaii Standard Time (noon Eastern).

Registration is on a first-come, first-served basis and is limited due to system capacity.

Note, Department of Defense networked computers may not allow access to this link. If you cannot access the webinar on “GoToMeeting,” use Defense Collaboration Services (DCS) at <https://conference.apps.mil/webconf/TYAOptions>. No prior registration is required on the DCS link.

Participants must avoid sharing personal health information when asking a question.



By law, premiums have to cover the full cost of health care for TYA members. New TYA rates will go into effect on Jan. 1, 2016, and TRICARE wants to ensure its beneficiaries are aware of all their health care options.

The featured speaker for this event is Mark Ellis, a senior health program analyst with the TRICARE Management Activity. He manages the Continued Health Care Benefit and TYA programs, which offer premium-based health care coverage to former service members and their family members when they are no longer eligible for TRICARE benefits. Ellis has 35 years of DOD health care experience.

TRICARE Online

Register for the webinar at <https://attendee.gotowebinar.com/register/4352948212859307521>.

Podcasts available

Listen to this week’s podcast to hear about health-related items:

- Holiday stress,
- Washing your hands, and
- Preventing pink eye.

Visit www.tricare.mil/podcast.

Time is now for movement out of retail

TRICARE
News Release

This December, TRICARE beneficiaries can take action to avoid paying more for some prescription drugs.

If you fill a prescription for a select brand name maintenance drug at a retail pharmacy, you may need to move your prescription to either a military pharmacy or TRICARE Pharmacy Home Delivery. If not, you may have to pay full cost of your prescription.

Beneficiaries can move their prescriptions by contacting the TRICARE pharmacy contactor, Express Scripts (ESI), at 1-877-363-1303 or by using ESI’s secure online portal.

If you are an active duty service member, live overseas, or if you have other prescription drug coverage, you can continue using retail pharmacies with no changes to your current copays.

The new rule began Oct. 1, but allows you to get two 30-day refills of an affected drug from a retail pharmacy. For many, those two refills will run out in December and their next prescription refill needs to be through Home Delivery or at a military pharmacy.

If you’re taking an affected drug, you should have received several notifications from ESI. You can also check by calling ESI at 1-877-363-1303.

TRICARE Pharmacy Home Delivery is a safe, convenient and low cost option to get maintenance drugs. You’ll save up to \$176 a year for each brand name drug you switch from retail to Home Delivery. If you want to use a military pharmacy, make sure to check first to see if they carry your prescription.



Courtesy photo

This month, TRICARE beneficiaries can move their prescriptions to either a military pharmacy or TRICARE home delivery.

TRICARE Online

If you are interested in learning more about the TRICARE pharmacy benefit, you can listen to the upcoming TRICARE pharmacy webinar, featuring Dr. George Jones, chief of Pharmacy Operations at the Defense Health Agency.

Tune in on Wednesday, Dec. 9 at 7 p.m. (Hawaii time). The webinar does not require prior registration.

For more information, visit www.tricare.mil/RxNewRules.



Artwork courtesy of Department of Defense

When adults quit tobacco the threat of tooth decay in children is reduced, according to recent research.

Per probes, secondhand smoke causes keiki tooth decay risk

DR. (COL.) GEORGIA ROGERS
Army News Service

Tooth decay is the most common chronic infectious disease of childhood in the U.S., affecting 42 percent of children ages 2 to 11.

Untreated decay causes difficulty eating and sleeping and lost time from school for tens of thousands of children every year.

Now, a new study from Kyoto University in Japan, published in the British Medical Journal, has discovered something that several U.S. studies have shown: Children who are exposed to smoke in their home are more likely to develop tooth decay at 3 years of age than those who live in nonsmoking households.

Findings

Worse yet, the more smoke children are exposed to, the more decay they experience. Children who live in a home with a smoker are almost one

and a half times more likely to have tooth decay, even though smokers try not to smoke near the kids.

When children live with a smoker who directly exposes them to secondhand smoke, they are twice as likely to have tooth decay as children from nonsmoking households.

Studies of the effects of smoking on children do not meet the strictest criteria for clinical trials because they are all considered observational.

Researchers cannot randomly assign children to live in smoky houses; they can only record what the parents do on their own. However, the connection is strong enough that the U.S. Surgeon General has declared that secondhand smoke is linked to an increased risk of tooth decay in children.

If you are a smoker, protect your children from pain and suffering by smoking outside of the home, or, better yet, quit as soon as possible.

November is Tobacco Cessation

Month, and the Department of Defense has rallied a tremendous variety of resources to help you get started.

Find out more by visiting an Army Wellness Center near you, or check out Internet resources on the Army Public Health Center Tobacco-Free Living website.

(Editor's note: *Rogers is the consultant to the Army Surgeon General for Dental Public Health.*)

More Online

You can learn more about quit resources and your TRICARE benefit at DOD Quit Tobacco: UCanQuit2.org.

Visit the Army Wellness Center at <http://phc.amedd.army.mil/topics/healthyliving/tfl/Pages/default.aspx>.



TAMC TIP

Disposing of old medication



Make sure you dispose of old medications, which helps to prevent accidental use or misuse.

There are two ways to get rid of medications that are no longer needed.

One option is through the National Prescription Medication Take-Back Day, which takes place annually in September. The second option is to dispose of the medication at home.

If you dispose of your medication at home, it should be removed from the original bottle and mixed with an undesirable substance (such as coffee grounds or kitty litter). This can then be placed in the trash.

Visit the following links for more information or to learn how to properly dispose of medications:

•**Disposal:** <http://water.epa.gov/scitech/swguidance/ppcp/upload/ppcpflyer.pdf>.

•**Disposal:** www.fda.gov/forconsumers/consumerupdates/ucm101653.htm.

•**General Info:** www.deadiversion.usdoj.gov/drug_disposal/index.html.

If you still have questions, ask your pharmacist!



Courtesy photo

National Take-Back Day has raised the consciousness about learning the importance of proper disposal of prescription medication.